

DEFINING YOUR PERSONAL FOOD VALUES

My Ideal Diet Worksheet

In the first column, identify your food value. This is a characteristic of food that is important to you and often serves as the reason for why you choose to include certain foods in your diet. Then describe why this food value is important to you. Next, identify your willingness to abandon that food value using the following scale: .

1 = **Never.** This is a non-negotiable value and I will never let this go unless I absolutely need to for survival.

2 = **Rarely.** This is incredibly important to me, but am willing to abandon it on very special occasions.

3 = **Occasionally.** This food value is typically part of my daily routine but I am willing to abandon it every so often if I have no other options or my daily routine is disrupted.

4 = **Some of the time.** I'm willing to let this one go if I am limited on options.

5 = **Most of the time.** I'm willing to abandon this one if I want to indulge or enjoy a certain food.

Once you've completed this exercise, you will have a better idea of what characteristics represent your ideal diet. These values will continue to evolve as you increase your knowledge about foods and your self-awareness. Your willingness to abandon them may also change based on your personal goals.

Keeping these food values in mind and your willingness to abandon them will also be helpful when you're in new situations or traveling and want to make the best choice for *you*.

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Food value	This is important to me because...	My willingness to abandon:

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